

Lake Lynn Community Center Activities and Events

January —
April 2014

Adventure

Adult

Bike Maintenance

Age: 14yrs. and up.

Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well-being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers; it doesn't matter. We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. Contact the Adventure Program at 919-996-6855.

Course Fee: \$15

#150125 Apr 12 Sa 9:30 AM-12:30 PM

Art

Preschool

Art - Jumpstart Toddler Montessori

Age: 18 - 42 mths

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts through a short musical lap-sit circle time and puppet show. Students will be able to get creative with washable art projects such as beautiful butterfly prints or glittering rainbows. We will also explore 'social' stations full of building blocks, cooking centers, train sets, puppets and more. Get a jump start on preschool! A separate materials fee will be due to the instructor at the first class meeting that includes a CD of music to take home. Parent participation required. Instructor: Rhonda Felton Manning, BS in Education. Material Fee \$30

Course Fee: \$35

#151496 Feb 3-Mar 10 M 9:00 AM-10:00 AM

Art - Winter Wiggles by Moving to Music

Age: 18 mths - 4 yrs

Tired of being stuck in the house with energy to burn? Shake those winter blues in this energetic class full of song and dance. Your children will learn about the winter season and many special cold weather animals through songs, instrumental play and lots of preschool games which will increase their school readiness as well as being lots of fun! So raise your voice, clap your hands and let your imagination run wild! Parent participation required. There will be a \$30 supply fee payable to instructor at the first class. This fee includes all art materials, music CD, props and other supplies. Instructor: Rhonda Felton Manning, BS in Education.

Course Fee: \$35

#151497 Feb 3-Mar 10 M 10:00 AM-11:00 AM



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Art - Winter Wonderland by Toddler Time

Age: 2-4 yrs.

Chase away those winter blues in this art class designed for little fingers using all washable materials. Your child will learn all about nature through snowflakes, hibernation, arctic animals, and many other Winter concepts in this center based mini-preschool for our smallest students. As the weather warms up we will welcome spring with kites, rainbows, and many other spring concepts. Also, each week we will feature a short lap-sit story time and puppet show to introduce your little ones to the joys of learning. So come on down for a jump start on learning and more importantly, a great experience with your child. Each child will receive a CD of the music used in class to take home. Parent participation required. A separate materials fee of \$30 will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education.

Course Fee: \$35

#151498 Feb 3-Mar 10 M 11:00 AM-12:00 PM

Ballerina Buttercups

Age: 3-5 yrs.

This class will introduce participants to the basic technique of ballet and tap. Dancers will get the chance to learn the beginning steps for both ballet and tap as well as interact with other children. This class encourages your child's interest in dance by engaging, stimulating, and focusing their natural energy and expressiveness! Ballet and tap shoes are not required.

Course Fee: \$40

#151500 Jan 10-31 F 10:00 AM-11:00 AM

#151501 Feb 7-28 F 10:00 AM-11:00 AM

#151502 Mar 7-28 F 10:00 AM-11:00 AM

#151503 Apr 4-May 2 F 10:00 AM-11:00 AM

Youth

Belly Dance for Kids

Age: 6-12 yrs.

Participants will discover the beauty of age-appropriate belly dance while increasing physical activity, coordination and flexibility. Movement and footwork will be taught in a fun, engaging environment, using fun accessories such as veils and belts. Participants will discover a beautiful world of dance and music as they learn, exercise, and have fun together! Participants should wear comfortable dance or exercise attire - accessories will be provided.

Course Fee: \$40

#151462 Jan 11-Feb 1 Sa 11:00 AM-11:45 AM

#151463 Feb 8-Mar 1 Sa 11:00 AM-11:45 AM

#151464 Mar 8-29 Sa 11:00 AM-11:45 AM



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Family

Piano – Introduction

Age: 5yrs. and up.

In these introductory private piano lessons, students will learn the basics of piano playing, music note reading, chords and songs. Lesson materials are included, but students should bring their own folder and pencil. Instructor: Maggie Zargo

Course Fee: \$100

Please contact Lake Lynn for available time slots.

Educational

Preschool

Bricks 4 Kidz- Parent & Me / Preschool Program

Age: 2-5 yrs.

Watch your preschooler's eyes light up as they dig into a pile of brightly-colored DUPLO® Bricks! Engaging models based on the ABCs are the building blocks of our Bricks 4 Kidz preschool curriculum. Each week children build a simple model based on the letter of the week, while practicing essential preschool skills including: letter recognition, patterning, colors, counting, fine motor skills, positioning and ordering.

Course Fee: \$75

#154664	Jan 10-Feb 14	F	11:00 AM-12:00 PM
#154665	Mar 7-Apr 11	F	11:00 AM-12:00 PM
#154666	Apr 25-May 30	F	11:00 AM-12:00 PM

Adult

The ABC's of Apartment Renting

Age: 17yrs. and up.

Please join The Triangle Apartment Association and their panel of industry experts for an evening of education on apartment living from selection to responsibilities. The seminar has something to offer for even the most experienced renter but specifically designed for the young adult embarking renting on their own. This is an excellent opportunity for guardians and young adults to learn more on all the aspects of renting. The program will begin with the initial search and questions to ask to ensure your new home will meet your needs. We will explore responsibilities of both the renter and the landlord and common requirements under a lease agreement. The last 15 minutes of this course will briefly dive into the many careers available in the industry. Please note that legal advice will not be provided. Walk-ins accepted, but pre-registration is encouraged to ensure enough handouts for all.

#151511	Apr 23	W	7:30 PM-9:00 PM
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Fitness

Adult

Aerobics – DanceFit

Age: 18yrs. and up.

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

Course Fee: \$90

#151450 Jan 7-Mar 6 Tu, Th 5:45 PM-7:00 PM

#151451 Mar 25-May 22 Tu, Th 5:45 PM-7:00 PM

Belly Dance For Exercise

Age: 18yrs. and up.

This class will introduce you to the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: www.kashabellydance.com

Course Fee: \$99

#151458 Jan 13-Mar 17 M 7:00 PM-7:55 PM

Course Fee: \$88

#151459 Mar 31-May 19 M 7:00 PM-7:55 PM

Bollywood Dance for Fun and Exercise

Age: 18yrs. and up.

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome—come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

Course Fee: \$99

#151460 Jan 13-Mar 17 M 8:00 PM-8:55 PM

Course Fee: \$88

#151461 Mar 31-May 19 M 8:00 PM-8:55 PM



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Exercise - Weight Room/Fitness Centers

Age: 18yrs. and up

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older.

Course Fee: \$15

#151847 Jan 1-31 Daily 10:00 AM-9:00 PM

#151890 Feb 1-28 Daily 9:00 AM-3:00 PM

#151908 Mar 1-31 Daily 9:00 AM-3:00 PM

#151891 Apr 1-30 Daily 10:00 AM-9:00 PM

Fitness - Cardio Kickboxing

Age: 16yrs. and up.

Cardio Kickboxing is a fun, action-packed cross training workout that combines martial arts, boxing and dance moves. You will get a fun, challenging cardiovascular and full body workout as you kick, punch, block and move your way to a healthier, leaner body!

Course Fee: \$66

#151779 Jan 6-31 M, W, F 6:00 PM-6:45 PM

#151780 Feb 3-28 M, W, F 6:00 PM-6:45 PM

#151781 Mar 3-31 M, W, F 6:00 PM-6:45 PM

#151782 Apr 2-30 W, F, M 6:00 PM-6:45 PM

Stretch and Tone

Age: 18yrs. and up.

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

Course Fee: \$45

#151454 Jan 8-Mar 5 W 5:45 PM-7:00 PM

#151455 Jan 11-Mar 8 Sa 9:15 AM-10:30 AM

#151456 Mar 26-May 21 W 5:45 PM-7:00 PM

#151457 Mar 29-May 31 Sa 9:15 AM-10:30 AM

Yoga for All Levels

Age: 16yrs. and up.

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

Course Fee: \$72

#151452 Jan 9-Mar 6 Th 7:00 PM-8:15 PM

#151453 Mar 27-May 22 Th 7:00 PM-8:15 PM



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Senior

Drumming for Fitness

Age: All Ages

Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no to low impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher impact aerobic activity.

Course Fee: \$8

#150793	Jan 8-29	W	9:00 AM-9:45 AM
#150794	Feb 5-26	W	9:00 AM-9:45 AM
#150795	Mar 5-26	W	9:00 AM-9:45 AM
#150792	Apr 2-30	W	9:00 AM-9:45 AM

Seniortise

Age: All Ages

Low impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

Course Fee: \$8

#151119	Jan 2-30	Th	9:00 AM-9:45 AM
#151115	Jan 7-28	Tu	9:00 AM-9:45 AM
#151116	Feb 4-25	Tu	9:00 AM-9:45 AM
#151120	Feb 6-27	Th	9:00 AM-9:45 AM
#151117	Mar 4-25	Tu	9:00 AM-9:45 AM
#151136	Mar 6-27	Th	9:00 AM-9:45 AM
#151118	Apr 1-29	Tu	9:00 AM-9:45 AM
#151121	Apr 3-24	Th	9:00 AM-9:45 AM

Nature

Family

All We Need is a Seed

Age: 4yrs. and up.

Come learn how seeds sprout and what they need to grow. We will decorate a pot and plant a seed that you can take home and watch it grow. Pre-registration is required four days prior to program. For more information, contact Nature Programs at 919-996-6856.

Course Fee: \$5

#150158	Mar 8	Sa	1:30 PM-2:30 PM
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Social

Preschool

Playgroup Tot Time

Age: 6 mths - 5 yrs

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#151504 Jan 8-Apr 30 W 9:30 am -11:30 AM

Sports

Preschool

All Sports - Little Starters

Age: 3-5 yrs.

Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

Course Fee: \$36

#151552 Jan 27-Feb 17 M 9:30 AM-10:15 AM

#151556 Mar 6-27 Th 5:30 PM-6:15 PM

#151554 Mar 8-29 Sa 9:30 AM-10:15 AM

#151555 Apr 5-May 3 Sa 11:30 AM-12:15 PM

#151553 Apr 7-28 M 10:30 AM-11:15 AM

Baseball - Little Sluggers

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Course Fee: \$36

#151559 Apr 5-May 3 Sa 10:30 AM-11:15 AM

#151557 Apr 7-28 M 9:30 AM-10:15 AM

#151558 Apr 10-May 1 Th 6:30 PM-7:15 PM



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Basketball - Little Shooters

Age: 3-5 yrs.

A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience.

Course Fee: \$36

#151562	Jan 27-Feb 17	M	10:30 AM-11:15 AM
#151563	Mar 6-27	Th	6:30 PM-7:15 PM
#151564	Mar 8-29	Sa	10:30 AM-11:15 AM

Lacrosse - Little Stix

Age: 3-5 yrs.

An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment.

Course Fee: \$36

#151568	Mar 3-24	M	10:30 AM-11:15 AM
#151567	Mar 8-29	Sa	11:30 AM-12:15 PM

Soccer - Little Kickers

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

Course Fee: \$36

#151569	Mar 3-24	M	9:30 AM-10:15 AM
#151571	Apr 5-May 3	Sa	9:30 AM-10:15 AM
#151570	Apr 10-May 1	Th	5:30 PM-6:15 PM

Youth

Basketball - Anthony Greenup Basketball Clinic

Age: 6-12 yrs.

Anthony 'Airport' Greenup, former player for Shaw University and the Charlotte Bobcats, and current player for the world-famous Harlem Globetrotters, will be bringing his expertise to Raleigh in a basketball clinic created to excite both boys and girls about the game of basketball. His staff will work with participants through coaching and mentorship to teach technique, sportsmanship and attitude designed to make each player their best both on and off the court. T-shirts and refreshments will be provided, and participants will have a chance to get an autograph from Anthony himself! Pre-registration is highly recommended at least 7 days in advance of each clinic.

Course Fee: \$45

#151465	Mar 15	Sa	10:00 AM-2:00 PM
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Basketball Skills for Beginners

Age: 6-9 yrs.

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

Course Fee: \$40

#151566 Mar 8-29 Sa 12:30 PM-1:15 PM

Soccer Skills for Beginners

Age: 6-9 yrs.

Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

Course Fee: \$40

#151572 Mar 6-27 Th 7:30 PM-8:15 PM

#151573 Apr 5-May 3 Sa 12:30 PM-1:15 PM

Sports Skills for Beginners

Age: 6-9 yrs.

It's time to play! An introduction to several sports such as baseball, basketball, soccer, lacrosse, hockey, or more. Fundamentals of each sport introduced will be taught at an age appropriate level.

Course Fee: \$40

#151574 Apr 10-May 1 Th 7:30 PM-8:15 PM

Tennis Jr Level 1

Age: 9-18 yrs.

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non-marking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times.

Course Fee: \$60

#152642 Mar 8-Apr 19 Sa 10:00 AM-11:00 AM

#152631 Mar 8-Apr 19 Sa 11:00 AM-12:00 PM

Course Fee: \$120

#152641 Mar 10-Apr 23 M, W 4:30 PM-5:30 PM

#152630 Mar 11-Apr 24 Tu, Th 5:00 PM-6:00 PM



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Tennis Jr Level 2

Age: 8-18 yrs.

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light loose fitting clothes, non-marking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times.

Course Fee: \$120

#152675 Mar 11-Apr 24 Tu, Th 4:00 PM-5:00 PM

Tennis Jr Tiny Tots

Age: 4-6 yrs.

Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose fitting clothing, non-marking sneakers and a 19' or 21' junior racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times.

Course Fee: \$60

#152595 Mar 10-Apr 23 M, W 5:30 PM-6:00 PM

#152596 Mar 11-Apr 24 Tu, Th 4:30 PM-5:00 PM

Tennis Jr Tournament Training

Age: 6-10 yrs

Designed for junior tennis players who have learned all shots, this group will work out and train for tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

Course Fee: \$168

#155031 Jan 13-Feb 26 M, W 5:00 PM-6:30 PM

#155032 Jan 13-Feb 26 M, W 6:30 PM-8:00 PM

#155033 Jan 14-Feb 27 Tu, Th 7:00 PM-8:30 PM

#155034 Jan 14-Feb 27 Tu, Th 8:30 PM-10:00 PM

Course Fee: \$180

#152699 Mar 10-Apr 23 M, W 5:00 PM-6:30 PM

#152700 Mar 10-Apr 23 M, W 6:30 PM-8:00 PM

#152701 Mar 11-Apr 24 Tu, Th 7:00 PM-8:30 PM

#152702 Mar 11-Apr 24 Tu, Th 8:30 PM-10:00 PM



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Adult

Table Tennis - Open Play

Age: All Ages

Join us at Lake Lynn for a spirited game of table tennis - all abilities are welcome!

#151509 Jan 4-Apr 26 Sa 9:00 AM-11:00 AM

#151508 Jan 7-Apr 29 Tu 6:30 PM-9:00 PM

Tennis Adult Level 1

Age: 18yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non-marking sneakers and your racquet. Racquets are available to borrow. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times.

Course Fee: \$60

#152553 Mar 8-Apr 19 Sa 9:00 AM-10:00 AM

Course Fee: \$120

#152550 Mar 10-Apr 23 M, W 6:00 PM-7:00 PM

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs. and up.

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times.

Course Fee: \$120

#152565 Mar 11-Apr 24 Tu, Th 6:00 PM-7:00 PM

Tennis Adult Level 3.0 Drills

Age: 18yrs. and up.

Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and under spin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and under spin on both groundstrokes, under spin on both volleys and slice on the serve. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times.

Course Fee: \$96

#152574 Jan 13-Feb 26 M, W 8:00 PM-9:00 PM

Course Fee: \$120

#152572 Mar 10-Apr 23 M, W 8:00 PM-9:00 PM



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Family

Badminton

Age: 12yrs. and up.

Join us for some badminton! All abilities are welcome - Tuesdays and Friday evenings starting at 6:30pm and Sunday afternoons starting at 1:15pm!

Cost is \$5 per day or a 10 pass for \$40.

March 2 - April 30 Sundays 1:15 PM-5:45 PM

March 2 - April 30 Tuesdays and Fridays 6:30 PM-8:45 PM



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